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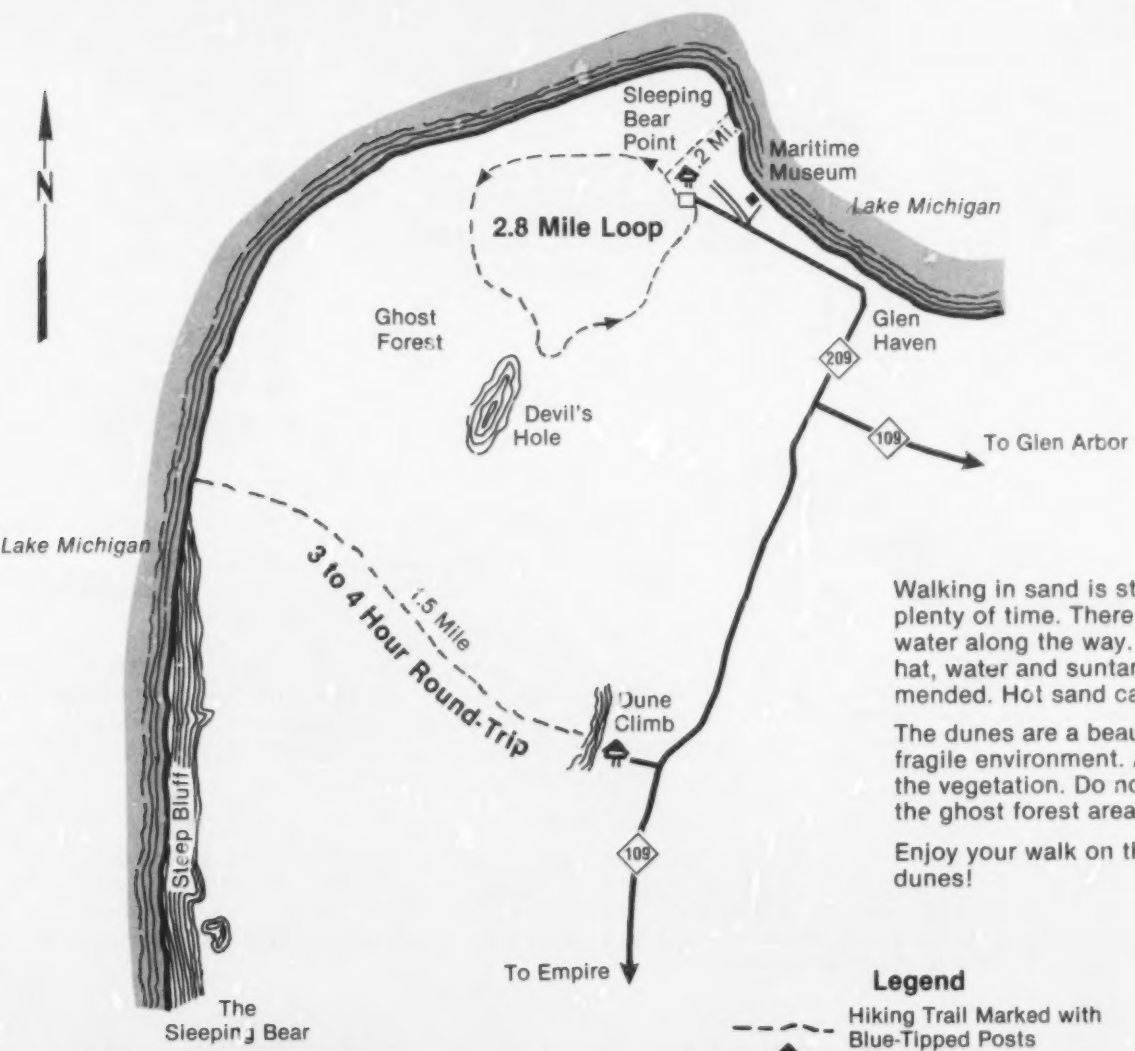
Sleeping Bear Dunes National Lakeshore

The Dunes Hiking Trail

A 3 MILE ROUND-TRIP ACROSS DUNES TO LAKE MICHIGAN OR A 2.8 MILE LOOP NEAR SLEEPING BEAR POINT



Walking in sand is strenuous! Allow plenty of time. There is no drinking water along the way. Sunglasses, a hat, water and suntan lotion are recommended. Hot sand can burn bare feet.

The dunes are a beautiful, varied and fragile environment. Avoid damaging the vegetation. Do not collect wood in the ghost forest areas.

Enjoy your walk on these unique dunes!

Legend

Hiking Trail Marked with Blue-Tipped Posts

Trailhead

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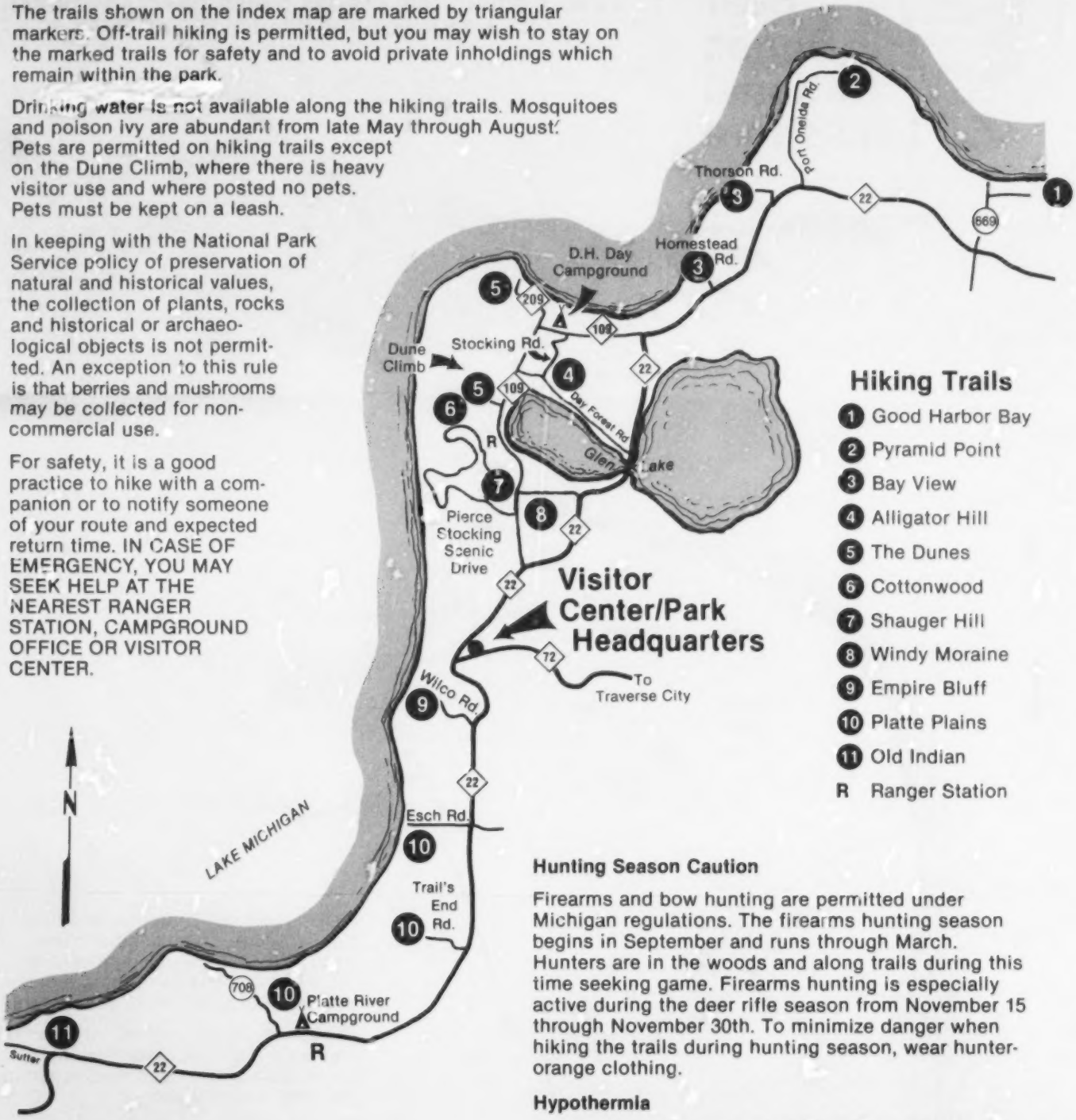
General Trail Information

The trails shown on the index map are marked by triangular markers. Off-trail hiking is permitted, but you may wish to stay on the marked trails for safety and to avoid private inholdings which remain within the park.

Drinking water is not available along the hiking trails. Mosquitoes and poison ivy are abundant from late May through August. Pets are permitted on hiking trails except on the Dune Climb, where there is heavy visitor use and where posted no pets. Pets must be kept on a leash.

In keeping with the National Park Service policy of preservation of natural and historical values, the collection of plants, rocks and historical or archaeological objects is not permitted. An exception to this rule is that berries and mushrooms may be collected for non-commercial use.

For safety, it is a good practice to hike with a companion or to notify someone of your route and expected return time. IN CASE OF EMERGENCY, YOU MAY SEEK HELP AT THE NEAREST RANGER STATION, CAMPGROUND OFFICE OR VISITOR CENTER.



Hiking Trails

1. Good Harbor Bay
2. Pyramid Point
3. Bay View
4. Alligator Hill
5. The Dunes
6. Cottonwood
7. Shauger Hill
8. Windy Moraine
9. Empire Bluff
10. Platte Plains
11. Old Indian

R Ranger Station

Hunting Season Caution

Firearms and bow hunting are permitted under Michigan regulations. The firearms hunting season begins in September and runs through March. Hunters are in the woods and along trails during this time seeking game. Firearms hunting is especially active during the deer rifle season from November 15 through November 30th. To minimize danger when hiking the trails during hunting season, wear hunter-orange clothing.

Hypothermia

During the cool spring and fall months, hiking is an especially enjoyable experience. However, you can die of exposure in 50°F temperature. Be careful if your clothes become wet either from rain or perspiration, as wet clothing loses 90% of its insulating value. Wind, even a slight breeze, refrigerates wet clothes. Stay dry and choose hiking clothes with hypothermia in mind.

Backcountry Camping

Backcountry camping for limited numbers is available at the White Pine Campground on the Platte Plains and the Valley View Campground north of Glen Arbor. Free backcountry camping permits may be obtained at the Visitor Center, the Platte River and D.H. Day Campgrounds and the District Ranger Stations.

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